



# FFSC Calendar of Command Training

Naval Base San Diego

Naval Base Coronado

Naval Base Point Loma

**JUNE 2006**



## FFSC Overview

FFSC can provide commands with a 20-minute overview of services, programs, and workshops offered at our three sites. For more information or to schedule, call 556-7404 or email: [FFSCMobility@navy.mil](mailto:FFSCMobility@navy.mil).

### Command Leadership Orientation

This orientation is designed to provide Command Leaders with a complete, one-day overview of FFSC services and available community resources. Guest speakers will provide up-to-date information on FFSC programs, WIC, Personal Property, Retired Activities Office, Navy Legal Services Office, Housing Office, and much more. This pilot program is open to Commanding Officers, Executive Officers, Department Heads, Division Officers, Master Chiefs, Senior Chiefs, Chiefs, Ombudsmen, Family Support Members, and Command Leadership Spouses. Seating for each class is limited to 22 attendees, so call 545-6071 or email: [FFSCCareer@navy.mil](mailto:FFSCCareer@navy.mil) to register.

**June 1, Wednesday, 8:00 am–4:00 pm, NBC, Bldg. 318, Conference Room**

### Fleet Liaison Orientation

The Fleet Liaison Program is intended for Command Master Chiefs, Command Senior Chiefs, Chief Petty Officers, and members of their Chief Petty Officers Mess. Alternating every other month, this class is offered to First Class Petty Officers. Fleet Liaisons spend a full day learning the specifics of helping agencies such as The Navy-Marine Corps Relief Society, American Red Cross, Family Advocacy, ASYMCA, Transition and Spouse Employment Programs, Command Financial Specialist Program, and others. Fleet and tenant commands rotate sending a representative to spend a week at FFSC assisting service members and families as well as becoming more aware of FFSC programs and services. For more information or to register, call 556-8669.

**June 29, Thursday, 7:30 am–4:30 pm, NBSD, Bldg. 259, Classroom 1**

### Division Officer Local Area Resources Seminar (DOLARS)

This workshop provides Junior Officers with valuable information about the variety of San Diego resources available to assist sailors and their families. Twenty-one service and health providers participate in the workshop. To register, call Bill Colford at 556-8669 or email him at [william.colford@navy.mil](mailto:william.colford@navy.mil).

**June 8, Thursday, 7:30 am–4:30 pm, NBSD, Bldg. 259, Classroom 1**

## Transition and Spouse Employment Programs

### CONSEP 1 (Career Options and Navy Skills Evaluation Program)

This Navy Personnel Command Workshop is designed for the first term Sailor. It focuses on retention-orientated programs covering personal planning, personal financial planning, Navy career options, and civilian career planning to help Sailors prepare for the future. Orders are required, and college credit is given for the class. Please call 545-6071 for more information or to register.

### CONSEP 2 (Career Options and Navy Skills Evaluation Program)

This Navy Personnel Command workshop is designed for the mid-career Sailor. It focuses on retention-oriented programs covering personal planning, personal financial planning, Navy career options, and civilian career planning to help Sailors prepare for the future. Orders are required, and college credit is given for the class. Please call 545-6071 for more information or to register.

**June 27–30, Tuesday-Friday, 7:30 am–4:30 pm, NBSD, Bldg. 263, Classroom 3**

### Transition Brief

This 30 to 45 minute brief outlines the full scope of transition and spouse employment programs and services available at FFSC. Call NBSD at 556-9866 or NBC at 545-6071 to schedule or email: [FFSCCareer@navy.mil](mailto:FFSCCareer@navy.mil).

### Transition Assistance Program (TAP)

This three and one-half day course is designed to ease your transition from military to civilian life. Orders from your command are required for registration; please see your Command Career Counselor for more details. For more information on class schedules, call 556-8989 or email: [FFSCTAP@navy.mil](mailto:FFSCTAP@navy.mil).

## Relocation and I&R Programs

To schedule any of the following briefs, call NBSD at 556-7404, NBC at 545-6071, or NBPL at 553-8306 or email: [FFSCMobility@navy.mil](mailto:FFSCMobility@navy.mil).

### Relocation Briefs

FFSC can present targeted relocation briefings to commands expecting a significant turnover or change of homeport.

### Exceptional Family Member Program (EFMP) Brief

This program assists military personnel and their family members in need of special medical or educational services that may not be available at all duty stations.

### EFM Program Coordinator Training

This program is specifically designed to train the trainer. Topics include a general overview of the EFM Program and misconceptions about the program. There will also be a staff member available to review your EFM Application.

### Sponsor Coordinator Training

This brief is designed to enhance a command's existing sponsor training. Topics cover choosing a sponsor and gearing the training to various aspects involved with relocating to a new duty station.

**June 14, Wednesday, 10:00 am–11:00 am, CB Village, Bldg. 3535**

**June 22, Thursday, 10:00 am–11:00 am, NBSD, Bldg. 259, Classroom 1**

### Sponsor Training

Train your command sponsors to be the best. Good sponsorship contributes to command readiness by ensuring incoming personnel have adequate information about new duty stations and have a positive first experience with their new command. This hour-long brief covers everything that newly assigned or future sponsors need to know about being an effective sponsor. Topics include pre-arrival contact, Welcome Aboard materials, advice on what incoming personnel really want to know, and local area information. Participants will be provided with a sponsor activity checklist, sample letters, and great tips for being an outstanding sponsor.

**June 7, Wednesday, 2:00 pm–3:00 pm, NBSD, Bldg. 259, Classroom 1**

### Volunteering in San Diego: Overview

Why volunteer? Where can I volunteer? What are the benefits to me, my career, and my command? This brief answers those questions and more. Available to Commands as a GMT by request. Contact Kathy Nelson at (619) 556-9876 to schedule this brief for your command.

## Deployment Support Programs

### Family Deployment Readiness GMT

This GMT focuses on military families preparing for deployment. Topics cover FFSC services, programs, and financial management as well as stages and reactions to separation. For more information, call 556-8861.

### Command Representative Program

All San Diego home-ported commands are assigned an FFSC Command Representative. It is the responsibility of each Command Representative to maintain close communication with key personnel at each command to ensure that their education, training, and deployment needs are being met. For more details and to obtain the name of your Command Representative, call 556-8311.

### Deployment GMTs

Emphasizing the emotional and practical aspects of deployment, these workshops can be given to commands and/or family support groups. For more details or to schedule, call 556-8662.

### Return and Reunion Workshops

Funding permitted, an FFSC team is available to provide proactive homecoming workshops during a deployed command's return transit. For more information or to schedule, call 556-8662.



For full descriptions of FFSC workshops and programs, visit us at [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

### NB Coronado

619/545-6071 • Building 318  
Mon-Fri 7:30am-4:30pm

### NB San Diego

619/556-7404 • Buildings 259 & 263  
Mon 7:30am-7:00pm • Tue-Fri 7:30am-4:30pm

### NB Point Loma

619/553-8306 • Buildings 211 & 212  
Mon-Fri 7:30am-4:30pm

For more information on Deployment Support Programs, call 556-8861 / 8662 or [CmdSupport@navy.mil](mailto:CmdSupport@navy.mil).

For Ombudsman Programs, call 619/556-9876 or [FFSCOmbudsman@navy.mil](mailto:FFSCOmbudsman@navy.mil).

For Life Skills, FAP, and SAVI Programs, call 619/553-4744 or [FFSCPrograms@navy.mil](mailto:FFSCPrograms@navy.mil). All class schedules are subject to change. Call to verify

## Ombudsman Support Programs



### Ombudsman Basic Training

Consisting of 13 standardized modules, Ombudsman Basic Training is offered every month, in four-day or five-evening sessions. Evening and weekend classes are available for the convenience of participants.

### San Diego Joint Ombudsman Assembly

Ombudsman Assembly meetings are open to all COs, XO's, CMCs, Chaplains, and their respective spouses as well as local Ombudsmen. Please call for the latest information on the 2005 area assemblies.

### Ombudsman Advanced Training

These bi-monthly workshops provide Ombudsmen and Command Leadership with current and in-depth training on local resources, new Navy programs, newsletter guidelines, deployment and command emergency preparedness, assistance during family emergencies, and more! Ongoing Training also provides Ombudsmen and Command Leadership with the opportunity to network, Update resource files, and share information.

**June 21, Wednesday, 7:00 pm--8:30 pm, NBSD, Bldg. 259, Classroom 1**

### Family Support Group (FSG) Training

This workshop is offered to Command Family Support Groups and is customized to fit your FSG's needs whether you are starting a new group or revitalizing an existing group. Topics include establishing groups, recruiting members, increasing teamwork, effective group structures, and project ideas. This training is offered by request, at times convenient for the participants.

## Life Skills Programs

### Anger and Stress Management GMTs

This one-hour training is designed to help military members learn more effective ways of dealing with anger and manage the stress associated with work and home environments.

### Suicide Prevention and Awareness GMTs

Learn to recognize early warning signs and what can be done to prevent a potential suicide.

## Family Advocacy Programs

### Domestic Violence, SAVI, and Suicide Prevention GMTs

In order to meet the time demands placed on commands by the increased pace of operations, FFSC has introduced a new option for completing GMT requirements. It is now possible to send a portion of your personnel to an identical, three-hour training that combines these three GMTs at a centralized location. FFSC will continue to conduct training at individual commands upon request.

### Child Abuse Prevention GMT

This 45-minute GMT will help military members identify the 4 types of child abuse: emotional, physical, sexual, and neglect. The training will cover reporting requirements, warning signs, and prevention issues as well as provide referral resources.

### Couples Conflict Resolution (How to Fight Fair in Love and Marriage)

This workshop will teach couples how to resolve conflicts in their relationship and family. The importance of effective communication that includes listening, clarifying and expressing the issues will be addressed. There will be exercises to practice the skills being taught.

**June 5, Monday, 5:00 pm--7:00 pm, NBSD, Bldg. 263, Classroom 6**

**June 28, Wednesday, 5:00 pm--7:00 pm, NBSD, Bldg. 259, Classroom 2**

### Domestic Violence Awareness Leadership Training

The FAP Program offers training focused on military leadership regarding Sailor retention, safety issues, confidentiality, victim sensitivity, and command requirements as well as the latest trends.

### Domestic Violence Prevention GMT

This 45-minute training is designed to help military members identify domestic violence, cycles of violence, and warning signs as well as what referral resources are available.

### On-going CFAR Training

This training is offered quarterly and provides Command Family Advocacy Representatives (CFAR) with updates on the latest trends, information, and statistics. A different guest speaker will be featured at each meeting. Registration is required. For more information, call 553-4744 or mailto: [FFSCPrograms@navy.mil](mailto:FFSCPrograms@navy.mil)

### Executive Leadership FAP and CFAR Training

This initial, one-time training provides information about the Family Advocacy Program (FAP) to Commanding Officers, Executive Officers, Command Master Chiefs, Chaplains, and Command Family Advocacy Representatives (CFAR). Registration is required. For more information, call 553-4744 or mailto: [FFSCPrograms@navy.mil](mailto:FFSCPrograms@navy.mil)

## SAVI Programs



### SAVI POC Quarterly Meeting

This meeting is designed to provide continuous education for current SAVI POCs. The meeting will address the latest issues on sexual assault within the Navy as well as on SAVI POC reporting responsibilities and procedures.

For more information, call 553-4744 or mailto: [FFSCPrograms@navy.mil](mailto:FFSCPrograms@navy.mil)

**June 8, Thursday, 9:00 am--11:00 am, NBSD, Bldg. 259, Classroom 2**

### SAVI Advocate Training

SAVI is seeking active duty volunteers to be trained as SAVI Advocates. Advocates are responsible for providing information and emotional support to victims during medical, investigative, and legal processes. Deployable commands are required per OPNAVINST 1752.1A (APR 2001) to have Advocates. Application, interview, and registration is required. For further information, call 553-4744 or mailto: [FFSCPrograms@navy.mil](mailto:FFSCPrograms@navy.mil)

**June 13--16, Tuesday-Friday, 8:00 am--4:00 pm, NBPL, Bldg. 140, Classroom 120**

### SAVI Advocate Monthly Refresher Training

Designed to provide continuous education for current SAVI Advocates, this training will address the latest advocate issues and statistics as well as present guest speakers from a variety of related organizations.

**June 19, Monday, 1:00 pm--3:00 pm, NBSD, Bldg. 259, Classroom 2**

### SAVI POC Training (Initial)

The Command SAVI POC is responsible for coordinating mandated, annual awareness and prevention education training; maintaining and providing current information on and referral to base and community programs for victims; and ensuring the mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1A (APR 2001). Individuals attending the training are appointed by their command and will represent the command in all sexual assault cases. Registration is required.

### SAVI Quarterly Coordination Committee Meeting

This meeting is designed for area representatives from MTF, TSO, Base Security, NCIS, Chaplains Office, the Command SAVI POC, and FFSC to discuss issues concerning sexual assault and up-to-date information. This is a forum for discussion, comments, suggestions, announcements, and updates pertinent to ensuring that the SAVI Program is a comprehensive, victim-sensitive system to prevent and respond to sexual assault.

### SAVI Leadership Training

The SAVI Program is offering training focused on military leadership in regards to Sailor retention, confidentiality issues, drug-facilitated sexual assault, required reporting procedures, and victim sensitivity training.

### Sexual Assault Prevention and Awareness GMT

Per OPNAVINST 1752.1A (APR 2001), this 45-minute training is an annual, mandated GMT for all military personnel. It is designed to identify sexual assault awareness, prevention, and intervention information for the home, work, and social environments.

### CHOICES Program

The goal of the Choices Program is to encourage responsible decision-making regarding sexual intimacy and relationship issues. Students will learn prevention skills for sexual assault, pregnancy, child abuse, and STD. This class will also increase an individual's confidence in making informed decisions about their interpersonal relationships. The Choices Programs available for commands upon their request.

## Financial Programs



### Command Financial Specialist Training (CFS)

This basic training is for command members who counsel subordinates with financial problems. Topics include pay and allowances, consumer fraud, savings, credit, car buying, legal issues, counseling and communication skills, and rehabilitative finances. Presented in cooperation with the Navy-Marine Corps Relief Society. Per OPNAVINST 1740.5A (30 Jan 02), attendees must be a command designated CFS, be a First Class Petty Officer or above, have one year left at current command, and have command approval to attend. Call 545-6071 to obtain quota.

**June 19--23, Monday-Friday, 8:00 am--4:00 pm, NBSD, Bldg. 259, Classroom 1**